

The effect of shift work of dental staff and prevalence of disease and obesity**Ibtesam Alharbi**

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Dose shift work considered as a risk factor for overweight and obesity? It is a fact that recent society is moving toward a pattern of 24hours working day, as result shift work become basic work schedule in any institution that provide continuous essential services the health complication of shift work rises many epidemiological studies to investigate the association between health illnesses and shift work. It have been evidenced that shift work are connected with many health problem, such as various type of cancer such as, breast cancer, prostate, endometrial and colon cancer, shift work have been classified recently as probable carcinogenic by international Agency for research on cancer. Night shift schedules contributed to cardiovascular and coronary

heart disease gastrointestinal disease, gastric symptoms e.g nausea, constipation, peptic ulcer increase the risk of type II diabetes. It also associated with increase in the sleep metabolism prevalence, fatigue psychosocial problems due social marginalization and sever social problems that result of inability to have normal social live, several studies provides evidence in the effect of shift work on increase overweight and obesity, as well as change of unfavorable health behaviors such as poor diet

Biography

Ibtissam Albakr has completed her BDS in 1996 in King Saud University in Riyadh KSA and AGD certificate in 2000 from university of south California USA. She is a consultant restorative in dentistry in Prince Sultan Military Medical City in Riyadh.

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